

Vermont Department of Health Laboratory
195 Colchester Avenue
Burlington, Vermont 05402-1125
(802) 863-7335 (800) 660-9997 (VT only)

INSTRUCTIONS FOR THE COLLECTION AND PACKAGING OF SPECIMENS FOR THE
ISOLATION OF MYCOBACTERIA AND YEAST
VDH KIT #6

PLEASE READ INSTRUCTIONS CAREFULLY BEFORE COLLECTING SPECIMEN

In order to comply with postal regulations and ensure the safety of laboratory personnel and others involved in transport of specimens, and to maintain integrity of the sample, the Vermont Department of Health Laboratory will accept for testing, only those specimens that are packaged according to the instructions below.

The kit should contain:

1. A sterile plastic centrifuge tube
2. A metal inner container
3. A cardboard outer mailing container with a mailing label
4. Requisition form (MICRO 220)
5. Instructions (MICRO 418)

PLEASE NOTE: Use of this mailing container for specimens other than mycobacteria may result in delayed testing

INSTRUCTIONS:

1. Collection of specimens

Pulmonary specimens: A series of 3 early morning sputa (not saliva), transtracheal aspirates, bronchoscopy material or aerosol induced sputum is optimal for testing. Collect at least 2 -10 ml of specimen into the sterile plastic centrifuge tube. For sputum specimens, rinse mouth with water before collecting the specimen. Cough deeply in order to obtain the thick, mucous secretion from the lungs. Specimens from one morning may be pooled, but DO NOT POOL SAMPLES FROM DIFFERENT DAYS. Refrigerate the specimen until it can be transported to the Vermont Department of Health Laboratory.

Extra pulmonary:

Tissue (any site, indicate source); Aseptically place into sterile centrifuge container with a few drops of sterile saline to prevent desiccation.

CSF: > 2 ml needed. Ship in collection vessel or transfer into sterile plastic centrifuge tube. Ship at room temperature

Bone marrow: Ship in collection vessel or transfer into sterile plastic centrifuge tube. Ship at room temperature

Blood: Collect in vacutainer using SPS, heparin or citrate as an anticoagulant. Do not use EDTA or allow the blood to coagulate. Vacutainers may be shipped or the blood may be transferred into the sterile plastic centrifuge tube.

Pleural fluid, ascetic fluid, synovial fluid, paracentesis fluid, and thoracentesis fluid: A volume of more than 5 ml is required. Aseptically transfer the fluid into the sterile plastic centrifuge tube. Store refrigerated until the specimen can be shipped.

Urine: Collect a minimum of 40 ml from a first morning specimen, clean catch or catheterization. Transfer into the sterile plastic centrifuge tube. Store refrigerated until specimen can be shipped.

2. Screw the cap tightly on the centrifuge tube

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3. Place the centrifuge tube containing the specimen in the metal container provided. Screw cap on tightly.
4. Fill out the requisition form (MICRO 220) fully. Include patient information, health care provider or laboratory information, date of collection, reason for test, specimen type and source. Please do not forget to check the appropriate test requested. Omitting any of the above information, may result in a delay in testing.
5. Fold the completed requisition around the outside of the metal container.
6. Place the requisition and the metal container inside the cardboard outer mailer. Screw the cap on securely.
7. Mail or deliver the specimen to Vermont Department of Health Laboratory as soon as possible after collection (optimally within 24 hours of collection). Specimens should be refrigerated until mailed or delivered.

THE FOLLOWING SPECIMENS MAY BE REJECTED IF:

1. Leaking or broken specimen containers
2. Specimens older than 5 days when received
3. Specimens with no requisition form or other wise lacking patient identification
4. 24 hour pooled urine or sputum specimens
5. Specimens in formalin
6. Frozen specimens

THE LABORATORY WILL DECONTAMINATE AND DISCARD ANY SPECIMEN WHICH IS IMPROPERLY PACKAGED AND MAY PRESENT A RISK TO PERSONNEL.

Please note: Specimens for Mycobacterial and Mycological examination are not preserved. Therefore, while specimens submitted for testing may be accepted 48 hours post collection, best results will be obtained with specimens received less than 48 hours after collection. Specimens received after 48 hours of collection, may be heavily contaminated with flora and test results may be compromised.